



RHAYADER 5K RACE SERIES 2013

First Race 08/05/2013

Pos	Num	Time	Name	Club	Cat	Winners
1	73	16.36	Gwynant Jones	Cardiff AAC	MS	1M
2	77	.43	Tim Iveson	Builth	MS	2M
3	34	.55	Gethin Holland	Aber AC	MS	3M
4	58	17.15	Phil Hendrick	Brecon AC	M50	1M50
5	51	.20	James Ashworth		M50	
6	28	.33	Tim Davies		M40	1M40
7	44	.49	Rianwedd Price	Cardiff	FS	1F/1FS
8	22	18.05	Andrew Davies Thornbury		M40	
9	54	.29	Mike Warwick	Rhayader	M60	1M60
10	76	.37	Tim Hindle	Brecon AC	M40	
11	35	19.03	Samuel Doyle		MS	
12	69	.51	Hayden O'Reilly		MS	
13	27	20.47	David Francis		MS	
14	42	21.02	Joanne Rees	Rhayader	F35	2F/1F35
15	50	.02	Justin Baird-Murray		M40	
16	79	.23	Stuart King	Rhayader	M40	
17	6	26	Timothy Alder		M50	
18	72	.33	Jos Tamalin		M40	
19	78	.43	Steven Smith		MS	
20	14	22.01	Chris Price	Rhayader	M40	
21	1	.07	Alan Ryland	Builth	M60	
22	25	.12	Lloyd Power		M40	
23	48	.14	Mary Morton	Rhayader	F35	3F
24	47	.15	Anita Worthing	Aber AC	F55	1F45
25	52	.21	John Evans	Aber AC	M60	
26	12	.23	Barry Griffiths	Brecon AC	M40	
27	75	.26	Alun Jenkins	Rhayader	M40	
28	23	23.00	Nicola Davies Thornbury		F35	
29	56	.03	Sophie Kendrick	Rhayader	FS	
30	71	.08	Terry John Hutchinson		MS	
31	80	.10	Tony Davies		M40	
32	67	.11	Amanda Evans		F45	1F45
33	57	.24	Suzanne Kendrick	Rhayader	F45	
34	70	24.24	Jamie Addison		MS	
35	49	.35	Judy McCosh		F45	
36	13	25.28	Ray Sharratt	Rhayader	M70	1M70
37	36	.34	Holly Wynne	Aber AC	FS	
38	11	26.04	Andrew Cadmore	Brecon AC	M40	
39	47	26.41	Carol Farrington	Rhayader	F65	1F65
40	8	27.18	David James	Rhayader	MS	
41	55	.36	Emma Whittick	Aber AC	FS	
42	74	.45	Diane Jones	Maldwyn	F35	
43	66	.51	Emma Adams		FS	
44	53	28.40	Helen Stretch	Aber AC	F55	
45	61	29.50	Caroline Redfern		F45	
46	59	30.19	Shan Breese	Aber AC	F45	
47	60	.42	Esther Court		F35	
48	68	.54	Nichola Prince		FS	
49	65	31.10	Marjorie Griffiths	Bro Dysynni	F65	



RHAYADER 5K RACE SERIES 2013

Second Race 22/05/13

Pos	Num	Time	Name	Club	Cat	Winners
1	146	16.27	Gwynant Jones	Cardiff	MS	1M
2	165	.44	Tim Iveson	Builth	MS	2M
3	140	.47	Gethin Holland	Aber	MS	3M
4	90	17.20	Tim Davies		M40	1M40
5	114	.23	James Ashworth		M50	1M50
6	162	.44	Rhys Thomas		MS	
7	94	.55	Andrew Davies	Thornbury	M40	
8	128	18.15	Steve Jones		MS	
9	153	.16	Mike Warrick	Rhayader	M60	1M60
10	105	.29	Rhianwedd Price	Cardiff	FS	1F
11	109	.44	Paul Beeson	Maldwyn	M40	
12	142	.52	Samuel Doyle		MS	
13	133	.58	Sam Risby	Aber	MS	
14	147	19.07	Haydn O'Reilly		MS	
15	164	.12	Dave Powell	Aber	M50	
16	156	.37	Alan Messenger		MS	
17	129	.38	Adam Runacres	Aber Uni	MS	
18	144	.39	Andrew Norris	Brecon	MS	
19	118	.40	David Francis		M40	
20	132	20.17	Matthew Birkett	Aber	MS	
21	103	.20	Wayne Jones	Brecon	M40	
22	107	.33	Joanne Rees	Rhayader	F35	2F/1F35
23	84	.50	Timothy Alder		M50	
24	163	.55	Steven Smith		MS	
25	159	.57	Marc Dowse	Builth	MS	
26	160	.58	Megan Carter Davies	Aber	FS	3F
27	158	21.09	Andrew Cromie	Rhayader	M40	
28	117	.22	Chris Price	Rhayader	M40	
29	157	.23	Matthew Samuel		MS	
30	120	.27	Lloyd Power		M40	
31	139	.34	Adam Jones		MS	
32	102	.35	Barry Griffiths	Brecon	M40	
33	148	21.41	Jamie Addison		MS	
34	137	.45	Rhiannon Anderson	Aber Uni	FS	
35	81	.57	Alun Jenkins	Rhayader	M50	
36	135	.58	Susanna Ditton	Aber	FS	
37	154	22.02	Anita Worthing	Aber	F55	1F55
38	136	.09	Aby Sampson	Aber Uni	FS	
39	89	.10	Alan Ryland	Builth	M60	
40	149	.17	Amanda Evans (spot prize)		F45	1F45
41	126	.35	Tony Davies	Rhayader	M40	
42	134	23.08	Suzanne Kendrick	Rhayader	F45	
43	155	.15	Freddy Greaves		MS	
44	95	.30	Nicola Davies	Thornbury	F35	
45	143	.34	Aimee Ferguson	Brecon	FS	
46	101	24.33	Andrew Cadmore	Brecon	M40	
47	122	25.17	Sarah Power		F35	
48	141	.41	Hollie Wynne	Aber	FS	
49	138	26.41	Carol Farrington	Rhayader	F65	1F65
50	150	27.24	Emma Whittle	Aber	FS	
51	145	.58	Diane Jones	Maldwyn	F35	
52	151	29.14	Helen Stretch	Aber	F65	
53	152	30.50	Shan Breese	Aber	F45	
54	161	.52	Marjorie Griffiths	Bro Dysynni	F65	



RHAYADER 5K RACE SERIES 2013

Third Race 05/06/13

Pos	Time	Name	Cat	Winners
1	16.57	Gwynant Jones	MS	1M
2	17.22	James Ashworth	MS	2M/1M50
3	.47	Rhys Thomas	MS	3M
4	.51	Phil Kendrick	M50	
5	18.06	Ffion Price	FS	1F
6	.16	Gary Wyn Davies	MS	
7	.28	Ian Evans	MS	
8	.38	Steve Jones	MS	
9	.40	Mike Warrick	M60	1M60
10	19.25	Rianwedd Price	FS	2F
11	.46	Haydn O' Reilly	MS	
12	.48	David Francis	M40	1M40
13	20.30	Joanne Rees	F35	3F/1F35
14	.38	Steven Smith	MS	
15	.45	Timothy Alder	M50	
16	.58	J Baird-Murray	M40	
17	21.16	Andrew Cromie	M40	
18	.21	Joe Tomalin	M40	
19	.24	Chris Price	M40	
20	.45	Lloyd Paver	M40	
21	.51	Alun Jenkins	M50	
22	22.03	Jamie Addison	MS	
23	.10	Tom Jones	MS	
24	.22	John Gwynn Evans	M60	
25	.23	Anita Worthing	F55	1F55
26	.35	Tony Davies	M40	
27	.37	Amanda Evans	F45	1F45
28	23.09	Terry John Hutchinson	MS	
29	.19	Mary Morton	F35	
30	.44	Nicola Davies	F35	
31	24.53	Sarah Price	FS	
32	25.05	Tyron Green	MS	
33	.23	Sarah Paver	F35	
34	.30	Ray Sharratt	M70	
35	.47	Nondus Banning-Body	F55	
36	26.05	Hollie Wynne	FS	
37	.53	Carol Farrington	F65	1F65
38	27.45	Diane Jones	F35	
39	.58	Emma Adams	FS	
40	28.47	Leigh Williams	F45	1F45
41	.47	David James	MS	
42	29.10	Emma Whittich	FS	
43	.48	Helen Stretch	F55	
44	30.31	Nicola Prince	FS	
45	31.11	Marjorie Griffiths	F65	
46	.50	Shan Breese	F45	
47	33.00	Iona Seymour	F65	

2013 Winners

1st Male: Gwynant Jones

2nd Male: Tim Iveson

3rd Male: Gethin Holland

M40: Tim Davies

M50: James Ashworth

M60: Mike Warrick

M70: Ray Sharratt

1st Female: Rianwedd Price

2nd Female: Joanne Rees

3rd Female: Anita Worthing

F35: Joanne Rees

F45: Amanda Evans

F55: Anita Worthing

F65: Carol Farrington